

KENNEBEC LAKE ASSOCIATION

Winter Newsletter

December 2009

A word from the President...

As many of you are aware, the Baker property off Highway 7 that has been for sale for some time has now been sold to a developer. As a result, a number of questions have been asked and concerns expressed regarding what we on Kennebec Lake might expect.

The buyer is McIntosh Perry, a consulting firm based in eastern Ontario. They are experienced in rural and waterfront land development, having been responsible for developing the Badour Farm community on Bob's and Crow Lakes between Sharbot Lake and Westport.

In initially advising Township Council of their intentions, McIntosh Perry stated that their goal was "to create a quality waterfront community that is environmentally responsible and meets or exceeds the requirements of the Township." They also indicated that it was their intention "to meet with representatives of Kennebec Lake and other key stakeholders."

Certainly these were encouraging words. While it might be the preference of many to retain the large tract of undeveloped shoreline as part of the magic of Kennebec Lake, the reality is that it was only a matter of time before this significant resource opened up. So we need to ensure that things are indeed done right.

Mark Snider, senior planner with McIntosh Perry, has met with the KLA and indicates that they take their commitments seriously and fully intend to work with the Association and with other stakeholders in the project.

The KLA has formed a working group to consider the potential impacts and to respond with recommendations for the project. At this point, the group includes Gray Merriam (ecological and environmental advisor), Wayne Carruthers (realtor and neighbour facing the development), Peter and Gloria Smiley (KLA executive members and neighbours to the west) and me (as KLA president).

We will endeavour to share news about the progress of this project as events transpire and we encourage anyone with questions or comments to get in touch with one of us.

Terry Kennedy

WHAT HAPPENS WHEN LAKE LEVELS FLUCTUATE?

We all know that one constant thing about the water level in Kennebec Lake is that it is NEVER constant for long. Levels change throughout the year by more than a metre (see *Ups and Downs of Kennebec Lake*, p. 6). Changes in the lake level result from short sudden storms or prolonged periods of rain. Water levels are also influenced by changes in the vegetation in the watershed and/or the building or taking out of beaver dams.

When the lake level drops, several things happen to the shoreline, especially the wetlands, around the lake. Effects of lower lake levels include:

- growth of new vegetation on exposed lake bed from increased seed germination
- reduction of extensive spread of aggressive plants such as cattails (*Typha*)
- decreased oxygen in water near lowered waterline
- increased oxidation breakdown of organic sediments exposed to air
- increased sedimentation near lowered waterline
- increased growth of rooted aquatic plants (e.g. pondweeds, water lilies, pickerel weed) in deeper water
- eventual improved fish habitat due to new offshore vegetation

When lake levels rise, water floods back into areas previously dry or much shallower. Effects of higher lake levels include:

- flooding and rehydration of wetlands adjacent to lakeshore and inflowing creeks
- production of almost the sole source of spawning areas for some fish (e.g. pike)
- improved spawning habitat for some fish by clearing organic matter from sandy substrate (e.g. largemouth bass)
- improved habitat for other wildlife (e.g. breeding ponds for amphibians in shoreline marshes, production of nesting and foraging habitat for bitterns, enhanced foraging for great Blue herons)
- improved water quality through increased deposition of materials in flooded wetlands
- dispersal of some shoreline species (e.g. cardinal flower, royal fern)

Where control structures, such as dams, determine the lake level, these effects of natural fluctuations in the water levels are lost. Recently, removal of control structures such as permanent dams is widespread and growing (e.g. New England) as the values of fluctuations are realized.

by Gray Merriam

Winter Activities

Walk, snowshoe and cross-country ski on trails anywhere around Kennebec Lake, as well as at **Frontenac, Silver Lake, Bon Echo and Sharbot Lake Provincial Parks**; for details, visit www.ontarioparks.com.

Little Cataraqui Creek Conservation Area also offers plenty of family programs, with groomed trails and a natural skating rink, and holds cross-country ski lessons on Saturdays from January 2 to February 27 (613-546-4228 www.cataraquiregion.on.ca).

Check out **Frontenac Arch Biosphere Reserve** Recreational Trail Network at www.fabtrails.ca.

Ice-fishing is popular on **Kennebec, Big Clear, Buck, Bull and Horseshoe Lakes**.

Downhill skiing is available at **Calabogie Peaks Resort** (www.calabogie.com 613-752-2720).

You can snowmobile and ATV on the **Trans-Canada and K&P Trails** (permit required) and skate at the **Arden and Mountain Grove** outdoor rinks.

Recreation Clubs and Activities

Kennebec Community Centre

Arden Seniors Happy Gang:

First Tuesday each month, 11 a.m.

Arden Glee Club:

Tuesday, 1 p.m. (Beginning the first Tuesday in April)
New members are welcome and encouraged to join.
Helen Prasky, 335-2486.

Line Dancing:

Monday, 9:30 a.m.

Tai Chi:

Wednesday, 9:30 a.m. Helen Prasky, 335-2486.

T.O.P.S.:

Wednesday, 6:30 p.m.

Diners Club:

Third Tuesday every month from September to May.
Call 335-5410 to reserve.

Sharbot Lake High School

Volleyball:

Monday, 7 to 9 p.m.

KLA Executive 2009-2010

| | |
|---|-------------------|
| <i>President:</i> Terry Kennedy | 613-335-3606 |
| <i>Past President:</i> Bill Van Vugt | 613-335-2082 |
| <i>1st Vice-President:</i> John DuChene | 613-335-3567 |
| <i>2nd Vice-President:</i> Judy Kennedy | 613-335-3606 |
| <i>Secretary:</i> Gloria Smiley | 613-335-2188 |
| <i>Treasurer:</i> Mike Wise | 613-335-2409 |
| <i>Lake Steward:</i> Bernie Dertinger | 613-821-2101 |
| | cell 613-293-1795 |

Members-at-Large: Cliff Anderson, Roy Beechey, Noreen Dertinger, Stella Dorsman, Charlotte DuChene, Doug Harvey Aileen Merriam, Peter Smiley, Tkerry Trojek

Newsletter Team

Editor/Design/Input: Aileen Merriam
Text Editors: Charlotte DuChene, Judy Kennedy
Reproduction: Judy Kennedy
Thanks to contributors of articles and illustrations and to volunteers who collate and distribute the newsletter.

Website: www.kennebeclake.ca

Webmaster: Noreen Dertinger

Email: webmaster@kennebeclake.ca

2009 AGM Organizers and Contributors

Thanks must go to everyone who helped to make KLA's 40th Annual General Meeting on August 15 another resounding success.

Fire Chief Mark MacDonald made a memorable presentation on fire safety, and Kyle Harris from the Kingston office of the Ministry of Natural Resources shared his knowledge of dealing with bears and the Bear Wise Program.

Organizing the AGM is a big job, and the efforts of the AGM Committee, including Stella and Pleun Dorsman, Terry and Judy Kennedy, Gloria Smiley and Marg Smith, as well as other volunteers they recruited, are much appreciated. Thanks also go to Peter Wadham, who was responsible for the sound system.

Township Twitter

On December 1, 2009, the hours of operation at the three waste disposal sites changed to **8 a.m. to 5 p.m.** (The Olden waste site is closed on Tuesday and Friday.) Note the regular lunch-hour closure from 1 to 2 p.m.

The hours will return to **9 a.m. to 6 p.m. on March 1, 2010.**

Upcoming Special Events

December 19:

Christmas Concert. Enjoy music, skits, recitations and more provided by local talent at the Kennebec Community Centre at 7 pm.

February 15:

Family Fun Day in Sharbot Lake. The Oso Recreation Committee hosts lots of activities, from skating on the lake to snow taffy making and horsedrawn wagon rides through the village.

February 19-21:

Heritage Festival. Weekend-long events throughout Central Frontenac to celebrate our rich culture and history.

Earlier netting survey results, the 2007 creel survey and informal surveys of fisher persons indicated that the walleye fishery in Kennebec Lake was not very good. That is why the committee decided in 2007 to learn more about walleye in the lake and, if possible, improve the situation.

Again this year we were successful with our applications to the Ministry of Natural Resources for Community Fisheries and Wildlife Involvement Program (CFWIP) funding.

Spawning Bed Improvements

In early spring, committee members observed walleye spawning in Beaver and Upper Crooked Creeks. We also observed that those spawning spots were not in the best condition to assure survival of the spawn. That is why we decided that 2009 CFWIP funds should be used to improve a spawning spot in Upper Crooked Creek. MNR also recommended that we move a number of boulders into the stream bed of Lower Crooked Creek to improve a spawning area, and volunteers did that work in late October.

An attempt to improve a spawning shoal at a recommended site off Kennedy Point had to be postponed last year, because it was too late in the season to secure the required rock and place it on the ice. That material is now stored at the staging point, and we expect conditions will be right this winter to skid it onto the ice.

Trap Net Survey

In August, the CFWIP-funded near-shore trap-netting survey, led by MNR technicians and supported by many volunteers, sampled 16 randomly chosen locations in the course of a week. In trap netting, virtually all of the fish survive and are released. Preliminary results were tabled at a committee meeting in mid-November. Preliminary results were tabled at a committee meeting in mid-November.

Results showed that **sunfish** are by far the most numerous species with a combined total of 236, followed by 160 **bullheads**. **Bass**, mostly largemouth, were in third place with 134 fish; 53 **suckers** were caught, 40 of which were red horse. Ever heard of that variety? Some of those red horse might belong to an endangered subspecies, but more analysis is required to confirm this. Also trapped were 21 **northern pike** and 13 **walleye**.

While the walleye population seems to be small, comparable data indicate that Kennebec Lake ranks just below the average for other area lakes. It is not yet clear whether this represents an improvement for Kennebec Lake, which ranked near the bottom in older surveys, or a deterioration for the other lakes. As Cam McCauley of the Frontenac Stewardship Council indicated, those numbers do not tell the whole story. A gill-netting survey would indicate what fish reside in the deeper, and usually cooler, areas of the lake. Attempts will be made to carry out such a survey in 2010. Details of the trap-netting survey should be available shortly on the KLA website (www.kennebeclake.ca).

We will request funding for a small mesh gill netting survey in 2010 to provide us with information about walleye and other sport fish fry. It would also tell us something about the food supply for the game fish.

If you are a fisher person, we would love to hear your thoughts about the fishery in Kennebec Lake and what else could be done to make relevant improvements. Write to the Lake Steward, KLA Association, PO Box 14, Arden, Ont., K0H 1B0, or email to kla_steward@kennebeclake.ca.

www.kennebeclake.ca YOUR WAY!

Our updated website can now facilitate the posting of pictures and other information from our members. These should be sent to:

webmaster@kennebeclake.ca

We welcome submissions of images based on the five elements in KLA's mission statement: *Water Quality, Air Quality, Peace and Tranquility, Nature and Wildlife, and Lifestyle.*

Photos and/or digital **artwork** should be 4-by-5 format, and members can have five images posted at any one time. Pictures will be changed seasonally.

(Note: If people in photos can be recognized, the photos must be accompanied by written permission from those in the photo authorizing KLA to post it.)

Members may also post **events** that take place within 100 kilometres of Kennebec Lake.

by Aileen Merriam

Kennebec Calendar 2011

The KLA Communications Committee is planning to create a 2011 Kennebec Lake calendar.

You are invited to send in your best high-density photos, or digital images of artwork, of all seasons for possible inclusion.

webmaster@kennebeclake.ca

UPDATE Proposed Concrete Operation 28433 Highway 7

(Site of former Arden Station Diner and Gas Bar)

The Ministry of the Environment directed property owner Bob Castle to take further soil samples for testing, which showed evidence of hydrocarbon contamination as a result of gasoline leakage from the underground tanks.

While the leakage was not severe, MOE did require that the soil in the contaminated area be removed and replaced with non-contaminated soil. This has now been completed, and the owner hopes to begin operations in the spring of 2010.

Local Wood Suppliers

That cozy fire on a cold night is not only a source of heat but part of the wonderful atmosphere of being at the cottage. So if you need wood now or run out during the winter, here is a list of local suppliers (all sell hardwood).

| Supplier | Approximate | Cost | Phone # | Delivery? | Location |
|---------------|-----------------|--------------|----------------|----------------|----------|
| Ed Broomfield | \$285/bush cord | 613-336-0242 | yes | Kaladar | |
| Bruce Young | \$270/bush cord | 613-336-9499 | no | Kaladar | |
| Wilf Deline | \$270/bush cord | 613-336-8359 | yes | Henderson | |
| K&K Logging | \$300/bush cord | 613-279-2154 | yes | Sharbot Lake | |
| J&B Gray | \$90/face cord | 613-335-2723 | yes (extra \$) | Mountain Grove | |
| Ray Deline | \$90/face cord | 613-336-1857 | yes | Henderson | |

Protect our forests: To prevent infestation of the emerald ash borer, the Asian long-horned beetle and other invasive insects, **don't bring in firewood of any tree species from other areas. Firewood should be obtained and burned locally.**

Friends of the Salmon River (FSR)

At the AGM for the Friends of the Salmon River in October, Dr. John Casselman, adjunct professor, Queen's University, spoke about "**Effects of Dams and Water Power on River Ecosystems: Not Green for Fish.**" He presented extensive data supporting his proposition that fish populations are renewable natural resources whose value should be considered when developing water power.

For upcoming speakers and workshops hosted by the FSR, as well as information about the popular Salmon River Watershed bus tour, visit www.friendsofsalmonriver.ca.

The Kennebec Lake watershed forms a significant part of the watershed of the Salmon River. What we do here has an impact on everything and everyone downstream. Let's make sure we keep the Kennebec Lake watershed healthy and sending clean water down the Salmon.

FSR welcomes new members; please contact the Membership Secretary, Nathalie Sorensen, at: nsorensen@cogeco.ca or 613 (542-0398).

Drinking Water Testing:

The Kingston Regional Health Laboratory tests drinking water for free. Pick up sample bottles at your local Health Unit. Samples are accepted at the following times:

Sharbot Lake:

279-2151, Tuesday, 8:30 to 11 a.m.

Cloyne:

336-8989, Wednesday, 8:30 to 11 a.m.

Kingston:

549-1232, Monday to Thursday, 8:30 a.m. to 4:30 p.m., and Friday, 8:30 a.m. till noon.

For faster results, deliver directly to the Public Health Lab (548-6630) 9 a.m. to 5 p.m. at 181 Barrie St., Kingston.

DON'T FORGET

When you use your boat again in the spring you **MUST** have with you both your **boat operator's card** and **proof of ownership**.

SPICED PECANS

These crisp pecans are mildly spicy and not too sweet.

500 mL (2 cups) **pecan** halves
75 mL (1/3 cup) granulated **sugar**
1 mL (1/4 tsp.) **allspice**
1 mL (1/4 tsp.) **cinnamon**
Pinch **salt**
Oil for frying

In small saucepan, combine **pecans** with enough water to cover. Cover and bring to boil over medium-high heat; boil for 1 minute. Drain immediately; spread in single layer on tea towel and pat dry. Transfer to medium bowl and keep warm.

In small bowl, stir together **sugar, allspice, cinnamon** and **salt**. Sprinkle over warm nuts, and stir gently to coat. Spread in single layer on large tray or baking sheet and let air-dry for 8 hours or overnight.

In heavy saucepan, heat about 8 cm (3 inches) **oil** to 180 ° C (350 ° F). Carefully ease pecans into oil (in batches, if necessary), and fry, stirring constantly, for 1 to 2 minutes, or until pecans are darkened slightly.

With slotted spoon, transfer to fine-meshed or nylon net-covered racks to cool (do not drain on paper towels; bits of paper will stick to nuts). Let cool completely, then pack in airtight containers for up to 2 weeks. Just before serving, sprinkle with more salt, if desired.

Makes 500 mL (2 cups).

Source: *Canadian Living Merry Christmas Cookbook*, January 1986.

NOMADS REST INN

Has anyone wondered what has been going on at the old Evergreen Motel and Trail Café? Six years ago, Linda Tremblay and David Daski bought this property and have been renovating and landscaping to open a B&B/retreat in 2010. The changes to the house and property are amazing. Here is how Linda describes their dream — Nomads Rest Inn:

This is a huge and challenging canvas on which we are letting loose our passions for gardens and landscaping, art and craftsmanship of all forms, and a love for architectural detail.

We quickly realized that we need to offer more than pleasant accommodations. The Nomads Rest Inn sits on nearly 200 acres of prime Canadian Shield wilderness that can be explored on easy, well-marked trails. See beaver dams, forest, wetlands, huge rock outcroppings and mossy cliffs, cascading waterfalls and four spring-fed ponds. It also offers a manicured English garden setting, with well-planned landscaping and sitting and entertaining areas that create an idyllic park-like surrounding for the pleasure of the B&B guests.

The Nomads Rest Inn is top-notch accommodation offered at reasonable rates. It is easy to find, centrally located on Highway 7 between Toronto and Ottawa, one hour north of Kingston. Each of its three guest suites includes its own bathroom and has a large balcony overlooking the ponds and gardens. The Inn offers barrier-free entry, and one of the three suites is wheelchair-friendly. One suite includes a separate bedroom for kids or caregivers. The elegant common areas offer comfort, inspiring art works, a nomadic touch and privacy and will transport the guest to a timeless world to help them unwind. A beautiful cabin, fully equipped, with kitchenette is also available.

We want people to enjoy all the surprises the B&B will present to them to make their stay memorable.

This upcoming year of work will be one of pure pleasure as we finalize that long endeavour started six years ago. The Nomads Rest Inn will delight all the senses when its gates open in 2010.

Democracy at Work

Below is the letter sent to Council on October 29, 2009, then addressed to the Public Works Committee of the Whole meeting on November 10. A delegation of Ardenites led by Patrick Maloney expressed concern over the worn-down appearance of the village and requested that Arden be a top consideration for improvements in the 2010 budget. The timing for this healthy display of democracy in action couldn't be better, with not only upcoming budget talks but also a municipal election starting in the new year and ending on October 25.

To the Attention of Central Frontenac Township Council:

Central Frontenac Township is a community of communities, and it will only thrive if it is understood that each of its constituent communities must also thrive for the whole to be strong. The village of Arden, one of its oldest communities, is in serious decline. While the recent downturn in the economy and new border regulations have contributed to an overall decrease in tourist traffic throughout the region, the dilapidated state of the village is likely the single biggest contributing factor to a decrease in attendance at various artisan and other activities and an increase in vandalism. Arden lost its one remaining grocery store last year, a cornerstone business, and is unlikely to attract any interested entrepreneurs to such a rundown poverty stricken-looking place.

Included below is a list of improvements that would greatly enhance the village, the first three of which are absolutely vital in the short term.

- Sidewalks rebuilt
- Road resurfacing: Arden Road (from Hwy. 7) and the streets of Arden
- Bridge guardrail repair/replace (structural and cosmetic)
- Reinstate yearly street cleaning and brushing
- Encourage property standards through incentives
- Signage: directional and attractive (Library, Historical Centre, churches, craft shops, recreation field)
- Refurbish recreation field (tennis court and play equipment)
- Solar panels at the community centre (payback in 10 years, after which it will pay the building's yearly operating costs)
- Street lighting – energy-efficient retrofit

Kennebec Ward is the single biggest tax revenue contributor to Central Frontenac, and Arden is its centre. Whether it is a fair assessment or not, perception is reality, and the shabby rundown look of a community like Arden, with its crumbling sidewalks and crazy quilt road repairs, sets the tone for the surrounding area and adversely influences vacationers as well as potential year-round residents and entrepreneurs alike. Various agencies are poised to contribute to economic development, and the local artisan group, the only viable business left in town, would like to expand their annual activities, but without significant refurbishment, these efforts are largely wasted when their success depends upon attracting visitors from outside the area.

NATURE NOTES

Winter Weasel – “Ermine”

Last winter, the DuChenes were fortunate to see an ermine feeding on some fat they had on a tree outside their kitchen window. Their first-time sighting of this white weasel with the black-tipped tail was exciting as they watched it clamber down the tree and through the snow, disappearing into a tunnel when it noticed it was being observed.

The Ermine (Short-Tailed Weasel) Mustela erminea

It's a real treat watching this slender little creature moving effortlessly in and out of tight places as it hunts for mice and other small mammals. In its winter form, it sports a plush, white coat with black accents at the tip of its tail, eyes and nose.

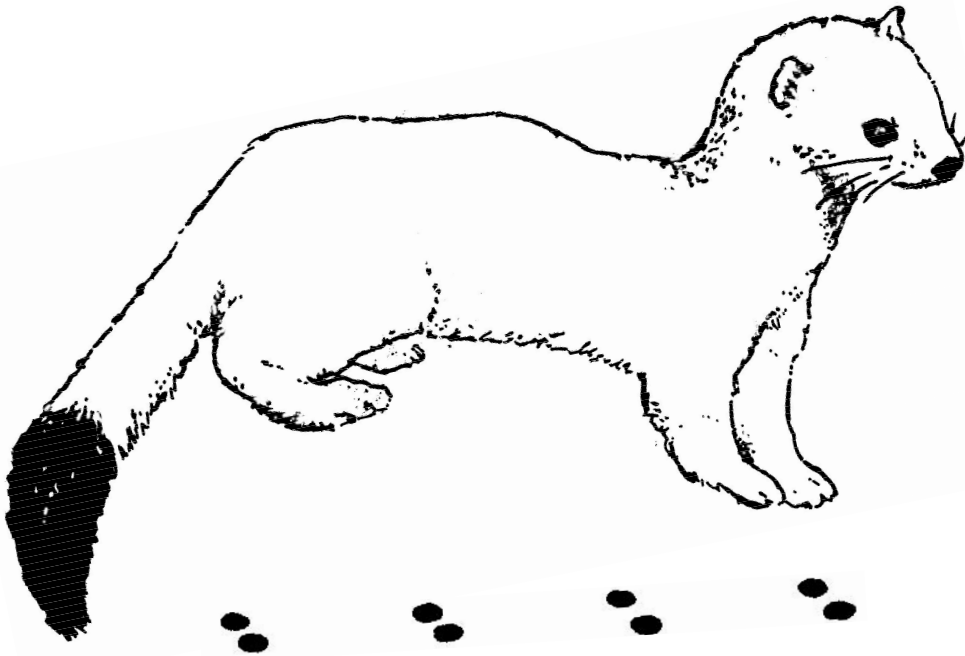
Ermine can be observed during the day or night. Because of their high metabolic rate, these carnivores need to eat a lot to survive the long winter months. They cache extra kills to ensure a constant food supply.

These are solitary animals, each with its own range of up to 35 acres at edges of fields, in wetlands or woodlands. They leave their scat on top of rocks as a way to mark their territories. Other signs are diagonally paired tracks in which the back feet land exactly in the tracks left by the front feet. A tunnel into deep snow indicates a hunting venture under the snow cover.

A well-groomed yard is an unlikely place for this little carnivore to hang out. The ermine's den is usually under a log, stump, rock or brush pile.

Kennebec Lake and area offers us a break from the fast-paced life. It is a chance to experience the marvels and dramas of the natural world. The stage is set; we only need observe, watch for signs and play detective as we piece together a story of a day in the life of weasels and other wildlife of the area.

by Bea Heissler
Illustration: Aileen Merriam



Size

Male: 25.4-33 cm (10-13 in)

Weight: 75-172 g (2.4-5.5 oz)

Female: 21.5-26 cm (8.5-10.25 in)

Weight: 44-72 g (1.4-2.3 oz)

Litter size: 6-8, born in spring

Ups and Downs of Kennebec Lake

Last year water levels on Kennebec Lake rose and fell in response to rainfall in the watershed. Between November 2008 and November 2009, the lake level varied by 1.39 m. The highest level was recorded on April 7 and the lowest on September 17. Other highs were experienced in December and March. Thanks to Guenter Nitsche for recording water levels throughout the year.